



CSAC Elementary Diver Syllabus

Theory and practical skills from novice diver to SAA Elementary Diver.

Note: on all open water dives until the grade of Club Diver is reached the trainee will be “buddied” with a diver of at least Dive Leader qualification. An Open Water Instructor will be the buddy for dives involving testing of skills or demonstration of new skills.

Theory lectures

All theory lectures must be attended before qualification can be certified. However, it is usually possible to receive “catch-up” lectures as needed without too much problems.

A pen and paper may be useful for taking notes, although not necessary as printed handouts are given out for each lecture (except for E5, which is covered in detail by the SAA Decompression System Handbook).

Lecture	Title	Overview
S1	Introduction to diving & basic diving equipment	Introduction to the club and Sub Aqua Association. What to look for and how to use basic equipment: mask, fins, snorkel, knife, diving bag, buoyancy aid & weightbelt.
S2	Ears, sinuses & air filled spaces	The importance of air filled spaces in the body and in diving gear, effects of pressure, Boyles Law, correct response to changes of pressure.
S3	Respiration & circulation	Principles and functions of respiration, circulation & metabolism. Correct procedures to avoid bodily damage. Principles of safe diving.
S4	Protective clothing	Recognising the different types of protective clothing and their need. Understand the causes and how to deal with hypothermia and hyperthermia.
S5	Accident avoidance and rescue	Recognising the importance of effective dive planning and training, the importance of equipment knowledge. Understanding the buddy system & need for fitness. Procedures for diver rescue.
S6	Basic first aid and resuscitation	Recognising the importance of an effective knowledge of first aid and the symptoms of various conditions. Principles and practices of resuscitation and responding appropriately to first aid situations.
E1	Physics & the diver	Basic laws of physics relating to the diver. Understanding the effects of being underwater on a diver's senses and underwater safety.
E2	Principles of SCUBA	Components & features of SCUBA. Associated accessories of SCUBA. SCUBA maintenance and safety.

E3	Open water diving	Different types of open water dives. Elements of a pre-dive briefing. Entry methods. Safety checks & procedures. Signals.
E4	Buoyancy jackets	Differences and uses of various types of buoyancy aids. Equipment maintenance. Principles of emergency breathing and associated dangers.
E5	Avoiding decompression illness	Basic cause of decompression illness (DCI). Signs and symptoms of DCI. Women and DCI. Introduction to the SAA Bühlmann decompression system. How diver behaviour and dive profile affects risk of DCI. Treatment of DCI.
E6	Computer assisted diving	How a personal dive computer (PDC) works & how they should be used. Problems associated with use of PDC's.

The Elementary Diver exam follows this set of lectures.

Pool skills

Before SCUBA training can begin the trainee must submit a valid Diving Medical certificate. (See one of the trainers for a medical form before going to the doctor).

The following set of pool skills must be mastered (extra skills may be learnt in the process of practicing these, but these are the “core” skills needed before the open water assessment).

1. Demonstrate correct & safe assembly of SCUBA. Complete buddy check and demonstrate safe entry.
2. Fin 50m on surface wearing SCUBA while breathing through snorkel.
3. Demonstrate safe method of descent and buoyancy control.
4. Clear mouthpiece and mask 3 times.
5. Fin 50m using SCUBA with blacked out mask on bottom of pool.
6. Remove SCUBA, mask & fins and refit.
7. Demonstrate safe deep water exit.
8. Rescue buddy from bottom of pool including surface towing, recovery to side of pool and resuscitation. Trainee and buddy will be required to wear full diving gear including suits as per an open water dive in British waters.
9. Carry out simulated open water dive in pool using correct signals and drills. Trainee and buddy will be required to wear full diving gear including suits as per an open water dive in British waters.

Open Water Assessment

On completion of the theory lectures, passing the Elementary Diver exam and demonstrating competency in the pool skills trainees will be taken on an open water dive accompanied by a dive leader. This will usually be in the sea. Dive to a depth of between 6m and 10m for at least 15minutes and complete the following tasks:

1. Remove mask, replace and clear 3 times,
2. Remove regulator, replace and clear 3 times.